

# KEEPING BUDDHISM CENTRED

Sutta translations: <http://dharmafarer.org>

As people today become more aware of Buddhism, many seek the simple original teachings of the Buddha. For over two decades now, Piya Tan has been inspired by this ideal of “mere Buddhism.” In this connection, he has set up the Minding Centre and Pali House.

## The Minding Centre

*A still centre in life's storms*

Shenton House, 3 Shenton Way, #03-06 B, Singapore 068805.

Email: [themindingcentre@gmail.com](mailto:themindingcentre@gmail.com); hp +65 8211 0879.

Courses: <http://themindingcentre.org>

**Every Wednesday** (7.00-9.00 pm): Meditation & Sutta Study.

**Courses:** Beginners' Meditation; Intermediate Meditation; Buddhist Psychology; Psychology of Meditation; Basic Practical Buddhist Counselling; Psychology of Meditation; Psychology of Death and Living, Pali Workshop, etc.

**Personal sessions:** Meditation coaching; Meditation therapy; Counselling (problems related to work, sleep, stress, anxiety, etc).

Address all mails to: “Pali House,” Blk 248, Jurong East St 24, #08-50, Singapore 600248

## Pali House

On Vesak Day, 12<sup>th</sup> May, 2006, Pali House was born, fulfilling Piya's long-time dream for living space that is spacious, quiet and conducive for his Dharma work.

- Pali House has one of the most complete set of early Buddhist scripture (texts and translations).
- The translating of the early Buddhist scripture in the **Sutta Discovery** series is done at Pali House.

Pali House is possible through the generosity of the Buddhist community and various individuals like yourself who have generously and regularly contributed to Piya Tan's work. He is doing full-time lay Dharma work without any salary. As such, your continued support will greatly help our Dharma work.

## How you can help

- Support for Piya Tan's full time Buddhist work (especially the Sutta Translation & related projects).
- Sponsor the Minding Centre monthly rental (\$2200) & maintenance cost, etc.
- Help with the Dharmafarer website (<http://dharmafarer.org>) through your expertise and time.
- Introduce people to the the Minding Centre and advertise our activities to your friends, etc.
- Donate to cost of computer peripherals and printing, especially laser printer toner and A4 copy paper.
- Sponsor purchases of Buddhist scriptures, books and materials (for the Sutta Translation library).
- Contribute to **the Sutta publication fund** (for printing costs of study notes and SD books, etc).
- Encourage relatives and friends to offer dāna together for merit of happy togetherness.
- After making such offerings or acts of merit, make this **Dharmafarer aspiration**:

*May this merit bring my mind peace and wisdom.*

*May I enter the path of streamwinning in this life itself.*

**To pledge or donate**, please make your cheque payable to “**The Minding Centre**” & mail to:

“Pali House,” Blk 248, Jurong East St 24, #08-50, Singapore 600248.

For more information on our **CLASSES and ACTIVITIES**, please *email* us at [dharmafarer@gmail.com](mailto:dharmafarer@gmail.com).

## SUTTA DISCOVERY

### Directly seeing the Buddha's Teachings

**Every Wednesday @ 7.20-9.00 pm**

**Venue: The Minding Centre**

Shenton House, 3 Shenton Way, #03-06 B, Singapore 068805.  
hp: 65 8211 0879; email: [themindingcentre@gmail.com](mailto:themindingcentre@gmail.com)  
Websites: <http://dharmafarer.org>; <http://themindingcentre.org>

**Every 2<sup>nd</sup> Sunday & 4<sup>th</sup> Sunday @ 11.00 am-12.30 pm**

**Venue: Poh Ming Tse**

438 Dunearn Road, Singapore 289614. tel: 6466 0785. Website: <http://www.pmt.org.sg>  
For class info: [themindingcentre@gmail.com](mailto:themindingcentre@gmail.com); hp: 8211 0879.

**Every 3rd Sunday @ 1.15-2.45 pm**

**Venue: Singapore Buddhist Mission**

9 Ruby Lane, Singapore 328284. tel: 6299 7216.  
Website: <http://www.singaporebuddhistmission.net/>

The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teachings. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. Although a very basic knowledge of Buddhism (the 5 Precepts, etc) is helpful, no knowledge of these languages is required for this course. This class is suitable for beginner and mid-range level.

The Sutta Discovery (SD) series started with **the NUS Buddhist Society** weekly Sutta Study Group (SSG) classes in February 2002, and **the Buddhist Fellowship** SD series started in February 2003. The SD materials are now freely available worldwide on [dharmafarer.org](http://dharmafarer.org). There is an on-going global team of volunteer **Sutta readers** who regularly study the suttas and essays, and proof-read them at the same time.

**Piya Tan**, who works on these Suttas and notes, and teaches them, was a former **Theravada monk** for 20 years. Today he is a full time lay Dharma teacher specializing in early Buddhism. He was consultant and regular lecturer to the Buddhist Studies Team (BUDS) that successfully introduced **Buddhist Studies in Singapore Secondary Schools** in the 1980s. After that, he was invited as a visiting scholar to **the University of California at Berkeley, USA**. He has written many ground-breaking and educational books on Buddhism (such as *Total Buddhist Work*) and social surveys (such as *Buddhist Currents* and *Charisma in Buddhism*).

As a **full-time Dharma teacher**, he runs Buddhist, Sutta and Pali classes like the basic Pali course series, the Sutta Study Group (NUSBS), Dharma courses (the Singapore Buddhist Federation), Sutta Discovery classes (Buddhist Fellowship and elsewhere), and Sutta-based (including meditation) courses (Brahm Education Centre), besides his own full-time **Pali translation and research project**, the Pali House, and doing a comparative study of the Pali Nikāyas and the Chinese Āgamas. As a Theravāda monk, he learned insight meditation from **Mahasi Sayadaw** himself in the 1980s. As a lay teacher, he learned forest meditation from the **Ajahn Brahmavamsa**. He has run numerous **meditation courses and retreats** for students and adults (including non-Buddhists) since 1980s. In 1992, he taught meditation at the University of California at Berkeley, USA, and also to BP, JPMorgan, the Defence Science Organization, GMO, HP and SIA. He is doing all this for the love of Dharma and of Ratna and their two children.

# Dharma Drive

The Living Word of the Buddha

The Buddha's Teachings

in the Earliest Texts

The Sutta Discovery series by Piya Tan,  
beginning in 2002 and still going on.



The 4-GB USB Dharma Drive contains 49 SD vols, sutta teachings (MP3 talks, videos), reflections & books by Piya Tan.

*Make this a gift to a monastic or someone who needs it*

The most direct way to learn Buddhism is to read and live the Pali suttas which contain some of the oldest records we have of the Buddha's teaching. As we search these scriptures, we will discover ourselves amidst their stories, teachings and practices, and even take a first step towards spiritual awakening.

This series will also help you **learn and master the Pali Canon**: to locate suttas, teachings and stories, and have an idea of how Suttas are transmitted and translated. Wherever feasible, comparative studies are made between the Pali, Sanskrit and Chinese (Āgama) versions of the suttas. If you can read this message, you are ready to study the Sutta translations. No deep knowledge of Buddhism is needed. [For [20 reasons for the SD series](#), see [The Dharmafarers website](#)]

**Sutta Discovery** (quarterly; ring-bound A4 vols): S\$15.00 each (unless otherwise stated) or donation.

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Suttas: <http://dharmafarer.org> ; courses: <http://themindingcentre.org>

# Mindfulness Meditation

Non-religious

for Beginners Instructor: Piya Tan



- ✓ De-stress
- ✓ Improve sleep quality
- ✓ Increase attention span
- ✓ Get well faster
- ✓ Emotional resilience
- ✓ Be happy & age healthily

Call Ratna *now* at **8211 0879** to register.

## Mindfulness Meditation

For Beginners [non-religious]

Class limited to 10 people, please register early.

Course Fee: \$120 / intake

**Monthly intake:** 2 hours x 3 sessions

Please browse: The Minding Centre website for monthly intake.

## You will learn about:

1. The nature of the mind
2. Why & how to meditate
3. Overcoming mental hindrances
4. Focusing the mind
5. Dealing with negative habits
6. Overcoming drowsiness
7. Self-healing
8. Emotional resilience
9. Sleeping well

## Interesting meditation facts:

- Based on living Buddhist meditation tradition over 2500 years old
- Meditation is safe & effective if you learn from a qualified & experienced instructor
- Meditation is a mainstream practice in Australia, the USA & the West
- Meditation can heal the mind and body
- Meditation helps increase attention span & productivity
- Meditation keeps the mind healthily active as we age (neuroplasticity)

## COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 67 years old; was a monk for 20 years
- has taught meditation for over 30 years
- has taught at the Univ of California @ Berkeley, Defence Science Organization, GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
- mentor and meditation instructor to various executives and individuals
- referrals from doctors, social workers, etc
- now translating and teaching early Indian texts on meditation and psychology.

Wiki Piya: [http://en.wikipedia.org/wiki/Piya\\_Tan](http://en.wikipedia.org/wiki/Piya_Tan)

**The Minding Centre @ Shenton House:** 3 Shenton Way, #03-06 B,  
Singapore 068805. hp +65 8211 0879; Email: [themindingcentre@gmail.com](mailto:themindingcentre@gmail.com)

Please browse: <http://themindingcentre.org> for details and other courses.